

WHAT IS CLAIMED IS:

1. An image fixing apparatus comprising:
 - a first rotatable member for being heated by a first heater;
 - 5 a first temperature detecting element for detecting a temperature of said first rotatable member;
 - 10 first control means for controlling electric energy supply through said first heater so as to maintain a detected temperature of said first temperature detecting element at a first target temperature;
 - 15 a second rotatable member for being heated by said second heater, said second rotatable member constituting a fixing nip with said first rotatable member;
 - 20 a second temperature detecting element for detecting a temperature of said second rotatable member;
 - 25 a second control means for controlling electric energy supply to said second heater so as to maintain the detected temperature of said second temperature detecting element at a second target temperature; and
 - phase control means for controlling electric energy supply phase so as to avoid overlapping of a phase of an electric power supply to said first heater

and a phase of an electric power supply to said second heater.

2. An apparatus according to Claim 1, wherein
5 said phase control means decreases an electric energization angle on the basis of a zero-cross timing of a commercial power source.

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